



## MARCH 2010 AREA CAPTAIN NEWS

Dear Chapters,

By now you should have your new officer forms to John ( L001). You cannot have your chapter installations until John receives them and lets me know they are ok. Another reason to get them in on time (They were due to John by March 10<sup>th</sup>) is because Leaders will not receive their Chapter April mailing from TOPS Headquarters without approval.

SRD is fast approaching on May 14<sup>th</sup> & 15<sup>th</sup> in Seaside. Do you have your reservations?? If not, do it now! If you have a large group going you might check with the Chamber of Commerce for a house or condo. Some of them sleep 8, 10, 12 or more and are much cheaper than motels and can be lots of fun for members to get to know each other. Remember ~ Your Chapter will get a chance at the \$250 drawing at IRD with every new member signed up. New member registration must be received by the 10<sup>th</sup> of May and counted (to John) by SRD. Theme this year for SRD is "Believe in TOPS Magic"! You won't Want to miss the motivation and fun of SRD.

**Fall Rally** will be on September 25<sup>th</sup> @ Willamette High School. Our Committee meetings for Fall Rally will be starting in April. Committee Meetings will again be on the following Mondays:

April 12<sup>th</sup> from 1-3 (my home, 1780 Taney St.)

May 10<sup>th</sup> from 1-3 June 14<sup>th</sup> from 1-3 August 16<sup>th</sup> from 10-2

(Locations for the May, June and August Mtgs will be announced at April 12<sup>th</sup> Mtg.)

Our Theme this year will be "TOPS Under Construction". We will be making a lot of changes this year for Fall Rally. Come to our Committee Mtgs as we would like to have your input. I need your help ~ Remember it's your Rally!

**Spring workshops** will be in Springfield on April 10<sup>th</sup> at the Church of Nazarene, 1761 E. Street from 9-3:00 or 4:00. Bring your lunch, beverages will be provided. Plan to be there. John and I have lots of info & fun for you. Remember you can bring a fund raiser basket or ?? for your chapter.

IRD will be July 15<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup> in Halifax, Nova Scotia. I'm planning on going ~ How about you? It will be lots of fun.



Our TOPS T-shirt day is August 14<sup>th</sup>. Start planning now for a walk in your area. Get together with 2 or 3 Chapters. Wear your TOPS T-shirts ~ Make Signs & "Walk for TOPS".

Open House ~ If you haven't had one, now is the time. Spring is a new beginning ~ New members are out there!

Parades ~ Do you have any parades in your area? Why not get involved in your local parade and let people know that TOPS is here for them. Let's put TOPS on the map in your area. Call me if you need help.

How many of you are serious about losing your weight? Have you been doing the "Cut & Burn Challenge"? We can all cut 100 calories and burn 100 more each day! It works!! Lets all work for a healthier you! We CAN do it together!

In closing I want to thank all of you for all the cards, money, stamps and support you have given my family and me over the last month for the loss of my husband. Thanks to all the Chapters who brought food for the over 150 people who attended Bob's memorial services. It means so much to me the care, love and support you have given to me and my family. For those Chapters who have sent money, my plan is to put a small storage shed and bench in my backyard in his memory, as we had both talked about doing that the last week he was in the hospital. I plan to carry out his wishes and the money you have sent will help me do that. Without you my beloved TOPS, I would have been lost these past weeks. You have kept me on track and I will continue to do so as we go into installations. I still have a few openings left in my schedule; if you would like me to do yours let me know.

You are the best, I love you all!

Hugs, Your Area Captain Jo